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From: [REDACTED]
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Subject: Centretown Convoy Disruptions and Noise
[PXL_20220130_215139634.mp4](#)

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ATTENTION : Ce courriel provient d'un expéditeur externe. Ne cliquez sur aucun lien et n'ouvrez pas de pièce jointe, excepté si vous connaissez l'expéditeur.

Good afternoon! I hope you're all having a peaceful afternoon.

I'm not!

I live on the intersection of Metcalfe and Cooper streets in downtown Ottawa. Since Friday, I have had a nonstop barrage of truck horns, a very illegal train horn, drunken revelers, and plain old guys screaming in my neighbourhood. (This is oftentimes directly outside my window, and I am just above street level--see the attached video to experience how loud it was this past Sunday!) This started as early as 7AM and over the weekend, I heard honking and screaming until well past 1AM.

My job is exclusively work from home at this point. I still had to go into my office on Monday and Tuesday because starting at 7:50AM on Monday, the same truck from the attached video on Sunday was once again parked directly outside my window, laying on his horn non-stop! Going into the office is another can of worms, because while it is much quieter in my office in Bells Corners, I return to the LRT at Parliament station at around 7PM in the darkness and feel unsafe walking home because there are protesters once again laying on their horns and men with Canadian flags marching around the surrounding area. I have been harassed for wearing a mask outside. My choice to work from home today was only because they have moved up a few blocks, so the honking is just once or twice an hour rather than a constant barrage for hours, and I still felt unsafe going to grab a coffee on my lunch break.

(Keep in mind, I am an able-bodied young adult with a good pair of headphones. I can brave the outside. Many older or disabled residents or residents with children cannot.)

Besides all of this, I have anxiety. Constantly being on edge, not knowing how long I will have just a little bit of peace and quiet or if I will be able to safely get groceries? It's taking its toll on me. My jaw hurts from clenching non-stop. My heart constantly races. I have been sleeping an average of 3 to 4 hours a night. I can't stop shaking. I'm barely eating and my stomach is constantly upset. My anxiety is well-controlled in normal times, but prescribed medication and coping mechanisms can only do so much when the threat is real and constant.

I understand that OPS is scared to tell the protesters to leave out of fear that they will retaliate, but at what point do we stop letting them keep the residents of Centretown hostage? We all know that I am not the only one voicing these concerns--they have been articulated over and over again. When will we get something besides someone's "sympathy" or being told that they "understand"? Centretown's residents, especially the vulnerable ones, do not need sympathy or understanding. We need action. We need these protestors out of the core.

If you're going to pay over \$800,000 a day policing these protestors, it's time to get your money's worth. Do something. Be better.

Thank you.
[REDACTED]